

2010 Publication Award Recipient Mitchell Hewson, HTM, LT, RAHP

Mitchell L. Hewson is the 2010 recipient of AHTA's Publication Award. Recognized for his body of work over his thirty- five year career in the field of horticultural therapy, his most recent research is titled *Horticultural Therapy Outcomes Based on Analysis of Patients with Concurrent Disorders*. Mitchell previously received the Publication Award in 1996 for his book *Horticulture As Therapy A Practical Guide to Using Horticulture as a Therapeutic Tool*.

Specializing in mental health populations, Mitchell's latest work represents groundbreaking programming and research on patients with a dual diagnosis of substance abuse and traumatic stress. Treatment for this population includes biological, psychotherapeutic and horticultural therapy interventions, the latter under Mitchell's direction as Manager of Horticultural Therapy at Homewood Health Centre, Guelph, Canada. Mitchell has previously investigated special populations with eating disorders, post-traumatic stress and dementia. He has developed HT programs for each of these groups. He has written over 300 articles, published on this wide range of populations. Mitchell continues to be a leader in identifying, researching and presenting new areas of investigation for the field of horticultural therapy.

"In providing mental health care we need to use different approaches to reach our patients. HT brings a very special dimension to care because it combines the use of many of our senses to help us to connect with ourselves, our strength and even our difficulties. It is a great tool for assessment that could be used by many individuals in the field. Being able to plant and grow a seed allows people to nurture the growth with the opportunity to increase one's self esteem. Patients at Homewood speak very highly of Mitchell Hewson's contribution to their lives."

Dr. Edgardo Perez, MD, MPH, FRCPC, CHE

CEO and President of Homewood Health Centre

Submitted to AHTA Newsletter by

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